

FFY 06 BFNEP Project Descriptions

Contractor	Benton-Franklin Health District
Project Coordinator	Malvina A. Goodwin
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Program Description	Benton-Franklin will provide nutrition education classes with cooking demonstrations to eligible families with young children in a variety of locations in the community. The project will focus on increasing the ability to identify and prepare fruit and vegetable dishes. Teaching materials include <i>Eating Right is Basic</i> and <i>FEAST</i> , an ECEAP curriculum.

Contractor	Clark County Health Department
Project Coordinator	Tricia Mortell
Address	2000 Ft. Vancouver Way Vancouver, WA 98663
Phone	360-397-8215 x7211
Fax	360-397-8200
E-mail	tricia.mortell@clark.wa.gov
Program Description	Targeting clients enrolled in WIC, educational opportunities will be provided in conjunction with WIC individual appointments, WIC nutrition education groups and coordinated in community locations. Focuses for the program include increasing the consumption of fruits and vegetables toward 5 to 9 a day, food safety and family physical activity.

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Contractor	Cowlitz County Health Department
Project Coordinator	Melanie Willis
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E-mail	willism@co.cowlitz.wa.us
Program Description	Classes will be taught on Dietary Quality, Shopping Behavior and Food Resource Management. "On the Move" packets, additional materials relative to class focus, use of the Dietary Guidelines, and increasing knowledge on the importance of eating fruits and vegetables will be distributed. These classes are targeted to WIC mothers, TANF families, low income drug recovery groups, teen mothers, and clients at a local community service office. Nutrition education will also be offered at two elementary schools and to parents at one pre-school.

Contractor	Community Trade and Economic Development (CTED)
Project Coordinator	Judy King
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Phone	360-725-2841
Fax	360-725-2838
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Program Description	A family centered nutrition approach will be used across Washington State in the Early Childhood Education and Assistance Program (ECEAP), which serves families at or below 110% of the federal poverty guidelines. Families will be invited to participate in FEAST (Families Eating And Sharing Together), which consists of participatory classes for parents and children to learn about healthy colorful eating and physically active lifestyles. The parents explore active lifestyles through activities, discussions and scrapbooking. Children participate in developmentally appropriate activities to encourage active play, and parents and children together will prepare healthy foods and play games.

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Contractor	Grant County Health District
Project Coordinator	Peggy Grigg
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E-mail	pgrigg@granthealth.org
Program Description	<p>Children/families at Head Start Centers in Moses Lake, Ephrata, and Soap Lake will receive hands on presentations regarding fruits and vegetables, to increase awareness, knowledge, and preference for fruits and vegetables as healthy choices. Moses Lake children participating in the USDA summer food program will receive education regarding healthy choices of fruits and vegetables, to increase their knowledge and desire to consume one additional fruit or vegetable snack a day. We will initiate dialogue with school admin through Healthy Communities Obesity prevention efforts regarding future BFNEP interventions in the Moses Lake School District.</p> <p>Boys and Girls Clubs in two locations will focus on increasing knowledge and awareness of consuming 5 to 9 a day fruits and vegetables for youth ages 9-14. <i>Eat Smart, Play Hard, Eat Fit</i>, and <i>Nutrition to Grown On</i> activities will be used.</p>

Contractor	Grays Harbor County
Project Coordinator	Michelle Balter
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Program Description	<p>WIC specialist at the Health Department will use <i>SmartFood</i> and <i>KidFood</i> newsletters to influence WIC clients intent to consume more fruits and vegetables. An R.D. will provide a breastfeeding inservice to 4 Oby-GYN medical providers to influence their intent to refer breastfeeding women to the Health Department for Breastfeeding challenges. Postpartum breastfeeding women at the local hospital will receive breastfeeding instruction from a lactation specialist to increase knowledge of breastfeeding techniques.</p>

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Contractor	Jamestown S'Klallam Tribe
Project Coordinator	Bill Riley
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E-mail	briley@jamestowntribe.org
Program Description	<p>A focus on increased consumption of fruits and vegetables through nutrition education, social marketing, and demonstrations that address attitudes, build skills, and improve self-efficacy. Activities include quarterly community social/educational events, outdoor collection of traditional foods, and nutrition necessary for sustained activity on canoe journeys. Traditional activities will be culturally focused and interventions delivered in a classroom setting will focus on Dietary Quality, Food Safety, and Food Preparation. Nutrition messages will be reinforced with worksheets, trivia games, and physical activity suggestions. A six-week Lifestyle Balance course will also be presented.</p>

Contractor	Lewis County Health & Social Services
Project Coordinator	Melissa Everson
Address	360 NW North St MS: HSD03 Chehalis, WA 98532
Phone	360-740-1454
Fax	360-710-2708
E-mail	maeverso@co.lewis.wa.us
Program Description	<p>Lewis County Health Department will work with 20 WIC eligible pregnant women during regularly scheduled visits to increase their preference for and intake of fruit and vegetables. The other objective is to increase the likelihood that the same women will initiate breast feeding and still be breast feeding up to two months postpartum. Farmers Market Newsletters and 5 to 9 a day materials will be used.</p>

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Contractor	Lower Elwha Klallam Tribe
Project Coordinator	Susan Hynes
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Phone	360-452-8471 x211
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E-mail	shynes@elwha.nsn.us
Program Description	A series of 12 Lifestyle Balance classes will be presented to adults. Focus is messages from Dietary Guidelines for Americans with emphasis on increasing fruit and vegetable consumption, increasing physical activity, decreasing processed sweet intake and maintaining a healthy weight.
Adult Nutrition:	
Child Nutrition:	Lessons and games emphasizing healthy snacks, food guide pyramid, and “5 to 9” a day will be presented to children in the after school program.
BRFSS:	A Behavioral Risk Factor Survey will be conducted with tribal members to gain greater knowledge of food intake and health practices of tribal members.
WIC:	WIC families will receive instruction in healthy diet messages emphasizing the Dietary Guidelines for Americans with a strong focus on increasing fruit/vegetable intake and decreasing simple sugar consumption.
Traditional Foods:	A tribal traditional food feast is a twice yearly celebration of local, traditional food. The focus will be to encourage gathering and consumption of fruits and vegetables that were eaten in the past and encourage increased consumption of fruits/vegetables in future. A traditional foods cookbook will be distributed.
TANF:	Classes in food preparation and meal planning will encourage core concepts of dietary quality, food safety and food resource management. Target audience is low income adults enrolled in TANF (Temporary Assistance to Needy Families), GA (Government Assistance), and WIC (Women Infants and Children) programs.
Head Start:	Families will be instructed in meal planning strategies to improve dietary quality. Special emphasis will be placed on increasing consumption of fruits and vegetables towards “5 to 9” a day.

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Contractor	Nooksack Indian Tribe
Project Coordinator	Barbara Himes
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Program Description	<p>Family Nutrition</p> <p>During classes conducted for tribal families and children in after school programs, participants will receive nutrition education and practice preparing recipes using fruits, vegetables and other low fat foods. Food resource management will also be emphasized.</p> <p>Elders will share with their family, their historical knowledge of gathering, preparing, and storing traditional foods for winter. Two traditional recipes will be taught using foods low in fat and high in fiber.</p>

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Contractor	Public Health Seattle-King County (Community Health Services)
Project Coordinator	Shirley Hutchison
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Program Description	
Cultivating Youth Program:	Targeting youth in public housing, this project conducts hands-on gardening at three gardens and healthy cooking at two elementary schools.
Operation Frontline:	Targeting teens, seniors, and families with children, this project conducts cooking, nutrition, food budgeting classes and Mission: Delicious events.
Lettuce Link:	Nutrition gardening information and recipes are delivered to clients using Seattle food banks. In addition, there are cooking demonstrations at Providence Regina Food Bank. Students from Concord Elementary walk to Marra farm to work with staff and volunteers at the farm, learning about gardening and nutrition through a variety of activities. Nutrition information and recipes are provided to children and their parents. On “Salad Bar Days” the students harvest, create and serve a salad bar to the rest of the school.
Food Security for Children:	Targeting families with young children, this project provides important nutritional, health and safety information through Baby Boost Fairs hosted by Seattle area food banks and community centers. Included is information on breastfeeding and toddler nutrition.
WIC:	Targeting primarily WIC clients, community based nutrition education is provided in ten health sites. Clinic sites provide cooking demonstrations and nutrition education groups using a variety of messages including the importance of fruits and vegetables, physical activity and food security.

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Contractor	Public Health Seattle-King County (HEHA)
Project Coordinator	Janet Kapp
Address	999 Third Avenue, Suite 500 Seattle, WA 98104
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Program Description	Healthy Eating for Healthy Aging (HEHA) targets older adults and seniors and provides “Come Taste” cooking demonstrations and newsletters, which are distributed through the Senior Farmer’s Market Nutrition Program and Aging and Disability Services. Nutrition education classes and workshops are also provided at Senior Centers, Senior Housing buildings, community centers, ethnic meal programs and health fairs. In addition, HEHA collaborates with the Healthy Aging Partnership in a media campaign that promotes healthy eating and physical activity.

Contractor	Port Gamble S'Klallam Tribe
Project Coordinator	Marilyn Olson
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Program Description	Tribal community members including elders, youth and Food Bank/TANF clients will be encouraged to increase their fruit and vegetable intake to 5-Plus-a-day. Planned nutrition interventions include group classes, sessions with food preparation and sampling as well as individual contacts at the local food bank and Family Assistance office. Lifestyle Balance classes will focus on adults achieving a healthy lifestyle.

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Contractor	Quinault Indian Nation
Project Coordinator	Katie Brinker
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Program Description	<p>Quinault Indian Nation will work in a variety of settings to reach tribal members of all ages. Resource management will be the focus at commodity distribution locations utilizing cooking demonstrations and shopping classes to teach skills and knowledge. Taholah school will be the location for a demonstration garden to teach youth how to grow at least one herb or vegetable. Dietary Quality will be addressed through community cooking demonstrations to increase the skill and knowledge of increasing fruit and vegetable consumption. <i>Lifestyle Balance</i> classes will focus on adults achieving healthy lifestyle goals.</p>

Contractor	Samish Indian Nation
Project Coordinator	Barbara Jackson
Address	PO Box 217 Anacortes, WA 98221
Phone	360-293-6404 x127
Fax	360-299-0790
E-mail	bjackson@samishtribe.nsn.us
Program Description	<p>The overall program goal is to increase the consumption of fruits and vegetables and includes classes, food demonstrations and sampling, and the dissemination of printed nutrition education materials. An eight week series of Lifestyle Balance classes will be offered. The incorporation of traditional foods provides additional opportunity for teaching the importance of fruit and vegetable consumption. The strategies are group specific, tailored to Head Start children and their parents, Elders, Emergency Food Voucher clients, and Samish general membership.</p>

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Contractor	Shoalwater Bay Indian Tribe
Project Coordinator	Candace Roberts, RN
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Phone	360-267-8146
Fax	
E-mail	croberts@shoalwaterbay-nsn.gov
Program Description	Shoalwater Bay Indian Tribe will focus on dietary quality of tribal and community members who access the Commodity and Food Bank Programs. Participants will learn to choose more fruits, vegetables and legumes and how to incorporate them into recipes and meals. Food demonstration days will occur on Commodity distribution days. Participants will receive one-on-one instruction and nutritional education literature during food bank distribution days.

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Contractor	Skagit County Community Action Agency
Project Coordinator	Klara Everson
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E-mail	klarae@skagitcap.org
Program Description	
Mobile Food Van:	A year-long program will be conducted for Mobile Food Van participants. Staff drivers will work one-to-one on lesson plans with each client on a monthly basis.
Family Literacy:	A year-long monthly program will be conducted for parent participants in the Family Literacy program. Twelve lessons will be conducted in classrooms and will include food events, games, demonstrations, family food journals, and homework assignments. Two month-long sessions will be conducted with school-age youth during November and March. Two-hour classes will be conducted three-times per week, where participants will study nutrition, increase knowledge, choose healthy snacks, and increase physical activity.
Breastfeeding Promotion:	A year-long program will include monthly instruction and support with a rotating schedule of 3 classes per quarter aimed an increasing maintenance of breastfeeding to at least 6 months.
Case Management:	A year-long program will include one-to-one monthly instruction utilizing the Eat Smart, Play Hard lesson plans. Monthly classes will also feature food displays and demonstrations, games and recipe exchanges.

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Contractor	Snohomish Health District
Project Coordinator	Frank Busichio
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E-mail	fbusichio@shd.snohomish.wa.gov
Program Description	<p>A nutrition education program will focus on individual visits and group classes will target low-income families, children and at-risk teens. Presentations and/or discussion will be around the consumption of fruits and vegetables, and promoting diet change per the Dietary Guidelines.</p> <p>Beginning in the spring of 2006, nutrition education classes will be offered to WIC moms.</p>

Contractor	Snoqualmie Indian Tribe
Project Coordinator	Linda Pelland
Address	406 Main Ave S North Bend, WA PO Box 250 Carnation, WA 98014
Phone	425-888-5511
Fax	425-888-5513
E-mail	llpelland@comcast.net
Program Description	<p>An 8-week program, participants in the Lifestyle Balance Program will receive guidance to help: increase their daily consumption of fruits and vegetables, demonstrate construction of menus including fruits and vegetables, report preparation of at least 3 new recipes including fruits and vegetables, and increase their daily activity level.</p> <p>Lifestyle Balance:</p> <p>Food Bank: Recipe demonstrations using foods available for distribution at the food bank will occur with samples available for taste testing. These recipes, menu ideas and nutrition brochures will be distributed to clients of the food bank.</p>

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Contractor	Spokane Regional Health District (WIC)
Project Coordinator	Rebecca Knapp
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Program Description	This project will be offered in collaboration with WIC at five locations in Spokane County. A series of four nutrition sessions will be offered focusing on cooking demonstrations and interactive discussions to increase knowledge, skill in shopping and preparing, and preference for fruits and vegetables. Infant feeding groups will emphasize the benefits of breastfeeding through discussion and video clip to increase the likelihood that prenatal participants will plan to breastfeed, remain breastfeeding for longer duration, and have increased confidence with breastfeeding.

Contractor	Spokane Regional Health District (Youth)
Project Coordinator	Susan Sjoberg
Address	1101 West College Ave. Spokane, WA 99206
Phone	509-324-1534
Fax	509-324-1453
E-mail	ssjoberg@spokanecounty.org
Program Description	The youth project will target third and fourth grade elementary school children in eight locations utilizing eligible high school students as peer educators. Food tasting and interactive activities will be used to increase their preferences for new fruits and vegetables. In preparation the high school students will take part in a 10-week <i>PAL</i> curriculum. The objective for the high school students is to increase their confidence in their ability to learn and teach nutrition information to elementary school children.

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Contractor	Squaxin Island Tribe (NWITC)
Project Coordinator	June O'Brien
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Phone	360-482-2674
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E-mail	bluesky@olynet.com
Program Description	Adults residing at the NWITC Adult Residential Site and NWITC Outpatient Site will be the target audience. Focus will be on increasing skill and confidence in identifying, harvesting, and preparing seasonal native foods; Increasing preferences for fruits and vegetables in daily meals; Enhancing permanent intergration of healthy eating habits by providing cultural tie-ins upon graduation.

Contractor	Squaxin Island Tribe (SIHC)
Project Coordinator	Connie Whitener
Address	90 Se Klah-Che-Min Drive Shelton, WA 98584
Phone	360-482-3935
Fax	360-427-1951
E-mail	cwhitener@squaxin.nsn.us
Program Description	Tribal adults will be the target audience for nutrition education interventions in a variety of settings. Cooking demonstrations will be conducted at Commodity Distribution center to increase skill level in prepararing fruits and vegetables. <i>Lifestyle Balance</i> classes will focus on changing social norms around eating patterns. Healthy Lifestyle support groups will be held to increase knowledge of the importance of consuming more fruits and vegetables and gardening demonstrations will held to increase access to the community garden.

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Contractor	Suquamish Tribe
Project Coordinator	Barbara Hoffman
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E-mail	bhoffman@suquamish.nsn.us
Program Description	Twice weekly lessons in the Head Start classroom will include lessons that incorporate a fruit and vegetable theme. In addition, at least 2 parent meetings will provide 5 to 9 A Day information, food tastings, and give parents ideas on ways to incorporate more fruits and vegetables at home. Monthly themes will be chosen that support the 2005 Dietary Guidelines for Americans.
Head Start:	
Commodity Foods:	During commodity food distributions food tastings using commodity foods, recipes, and information on thrifty food shopping and budgeting will be presented.
Adult Education:	An eight week Lifestyle Balance series will be offered to tribal members who want to improve their health with healthy eating and moderate physical activity.
Traditional Gatherings:	Nutrition education will occur at community events throughout the year. This includes, display boards in various locations, recipe demonstrations, interactive activities for various age groups, and dissemination of printed material. In addition, staff will work with other departments to promote the increased consumption of fruits and vegetables.

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Contractor	Tacoma Pierce County Health
Project Coordinator	Sebrena Chambers
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Program Description	Volunteers at two elementary schools will deliver nutrition messages through taste testing of fruits and vegetables, educational materials, 5 A Day assemblies, partnering with Radio Disney, and advertising 5 A Day message in cafeteria during school lunch and/or school activities.
Add One A Day School Program:	
Community Service Office (CSO):	Working with one local community service office, nutrition information packets will be distributed to new food stamp recipients. 5 to 9 A Day messages and nutrition information will be displayed in the lobby of the CSO site and Workfirst computer lab.
Senior Program:	Collaborating with eight Ethnic Meal Sites in Pierce County, brief nutrition interventions will be offered that focus on eating vegetables and fruits. Taste testing of vegetables and fruits will be offered to encourage seniors to consume a variety of produce.
Dental Health:	Collaborate with dental health program to promote adding one vegetable or fruit a day at 15 schools. Nutrition messages on increasing fruits and vegetables will be delivered through sampling fruits and vegetables, educational materials, and advertising 5 A Day message in dental health kits/bags that given are out to each child that participates in the program.
Boys & Girl s Clubs:	Healthy Habits, an eight week nutrition education curriculum will be taught to children enrolled in four after-school programs. In addition, guest speakers will focus on nutrition and each club will post daily information cards, "Nutrition Nuggets", which correlate to components of the day's meal.
Family Support Partnership:	Nutrition education will be provided through nurses and dietitians at 12 family support centers and during home visits. Reaching low income pregnant women, the importance of fruit and vegetable consumption will be stressed.
Communities in Schools:	Children at four elementary schools will learn the importance of eating fruits and vegetables. A variety of strategies, including class activities, field trips, guest speakers and hands-on food preparation will be used.

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Contractor	Whitman County
Project Coordinator	Debbie Wolfe
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Program Description	Our target audience is two grade levels at our three elementary schools. The objective will be to encourage students to increase fruit and vegetable consumption by one serving per day. Whitman County Head Start/ECEAP Programs preschoolers is another target audience. Our goal with them will be to increase their knowledge and help them gain a beginning understanding of the importance of eating a variety of fruits and vegetables. Included too, within the school and ECEAP programs will be dental education using the Tooth Tutor Curriculum.

Contractor	Yakama Nation
Project Coordinator	Margaret Ambrose
Address	401 Fort Road PO Box 151 Toppenish ,WA 98948
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E-mail	margaret@yakama.com
Program Description	Native American adults in Toppenish and White Swan will be the target audience for a 10 week <i>Lifestyle Balance</i> class to increase their knowledge and ability to achieve a healthy lifestyle. A four week cooking class will be held to increase participant's skill in preparing fruit and vegetable recipes. Nutrition education classes and cooking demonstrations will be used at the commodity distribution center to increase knowledge and preference for choosing fruit and vegetable commodities. A monthly nutrition newsletter will be produced and distributed to all BFNEP, WIC, and Commodity Program participants to enhance nutrition messages and to promote activities.